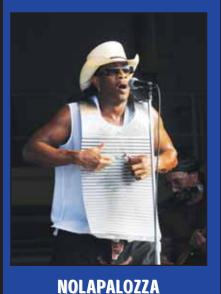
# NEW ORLEANS





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Seabees Can Do Spirit Shows In New Orleans Neighborhoods Page 11



jrbnola\_pao@navy.mil

# Ecurrents

Vol. 21 No. 10

Serving the New Orleans Regional Military/DoD Communities

October 2010

# Reservists Supporting Regional Efforts Across the Spectrum

By Suzanne Speight Navy Region Southeast **Public Affairs** 

In a time with one war winding down and another ongoing, with massive third world natural disasters and an active hurricane season, the constant strain on the Navy is requiring its Reserve Force to live up to its motto of "Ready Now, Anytime, Anywhere." In Navy Region Southeast (NRSE) they are doing just that.

When Cmdr. Pete Antonacci went on temporary orders for annual refresher flight training, Lt. Cmdr. Joshua Russell stepped in to the full-time job of current operations officer, coordinating regional emergency response efforts and leading a team of 25 military and civilians. When a Navy T-39 aircraft crashed in a rural area north of Atlanta, Master-at-Arms 3rd Class Benjamin Stanfield was one of the initial military first responders to set up operational command of the crash site.

Russell, of Navy Reserve Commander Navy Region Southeast Regional Operations Center (NR CNRSE ROC) unit, and Stanfield, a member of Navy Reserve Security Force Navy Supply Corps School Athens (NR NSF NSCS Athens), are two examples of how Reservists are supporting NRSE every day. Throughout the region, Reservists are supporting NRSE across the spectrum as chaplains, legal officers, security force augments, administrative staff, operational project managers and more.

"Reservists have completely integrated into the structure of the active component and they are a tremendous force multiplier," said Capt. Rey Consunji, commander, Navy Region Southeast Reserve Component Command (NRSE RCC). "More so now than ever, we are a total force, with seamless integration throughout."

With 28 Navy Operational Support Centers (NOSC) providing training and administrative support to 15,000 Reservists in seven states and Puerto Rico, NRSE RCC is the largest Navy Reserve Component region. Its structure parallels the active component region, stretching from South Carolina to Florida and Puerto Rico, and west to Texas.

From the significant presence of Reserve security units (there are 18 NR NSF units supporting regional installations) to the unique contribution of an individual Navy Emergency Preparedness Liaison Officer (NEPLO) assigned to each state, Reserve support varies greatly in scope and focus. One common trait is the ability to respond in a time of crisis.

"From a strategic standpoint, this region has contributed to providing Reserve talent to everything from hurricanes, to disaster relief in places like Haiti, to oil spill response in the Gulf," Consunji said. "When you are talking about Reservists supporting this region, humanitarian and crisis response is a big part of that."

Lt. Cmdr. Tenisha Finley is an operational support officer for the NRSE Reserve units. "Our Reservists are able to step in and have an immediate impact on the mission," she said.



HENDERSON POINT, Miss. - Reserve Lt. Cmdr. Rob Johnson, Navy In-Shore Recovery Group East liaison officer for Mobile's Incident Command Post, explains Navy skimmer capabilities to Coast Guard Lt. Nathan Curry, while Master Chief Boatswain's Mate Richard James, leading chief petty officer for Navy's Southeast Region Oil Spill Response Detachment, listens in. Johnson, commanding officer of Navy Reserve Security Force Navy Supply Corps School Athens (NR NSF NSCS Athens), was one of a number of Reservists called to active duty during the Gulf oil spill. *Photo by MC1 Monica R. Nelson* 

When the Gulf oil spill was at its peak, Finley sent several Reservists to help in different capacities, including two officers performing as Navy liaisons in Mobile, Ala., and Houma, La., and enlisted Sailors to provide administrative support.

Capt. Bill Hiscock was one of the NEPLOs mobilized during the Gulf oil spill. Within three days after receiving notification, he was on the ground in Mobile, providing situational awareness and reporting to the NRSE emergency management team. The NEPLO's job is to coordinate with local, state, and federal agencies responding to an emergency event and provide a liaison back to the regional commander. "During a situation like the oil spill, I am looking for anything that involves or may impact a Navy equity, and I anticipate any requests that might be coming up," he said. "It's really about helping to get the right resources to the right place." As a civilian airline pilot and small business owner, Hiscock says the job draws on a number of different disciplines, including management and operational planning. Like many Reservists, he brings a wealth of civilian skill to the table in his Reserve job.

Consunji said leveraging that kind of experience and skill is critical to the Total Force concept. "It is a testament to both the quality of our people and the work they do," he said, referencing an example of a senior JAG Corps officer who is a circuit court judge in South Carolina. "If you bring that kind of talent to the table, you are going to garner respect and you are going to be a huge asset to the Navy."

The integration is reflected in the prevalence of commands who are now building Reserve support into long-term scheduling and project planning. Reservists like Capt. James Harlan, commanding officer of the NR CNRSE ROC unit, can now plan annual training support

All eyes are skyward for the pre-game coin toss moments prior to the Navy vs. Louisiana Tech gridiron face-off Sept. 18 in Ruston, La. Capt Brian Harrison, Naval Support Activity New Orleans commanding officer, a Louisiana Tech graduate, officiated the coin toss and watched the Navy Midshipmen rally for a 37-23 win over Louisiana Tech.

Courtesy photo by Myron Harrison

Reservist on Page 3



October 13, 1775 U.S. Navy Birthday

The Continental Congress establishes Continental Navy, later the U.S. Navy.

October 27, 1962 Cuban missile crisi 2nd Marine Division and 2nd Marine Air-

2nd Marine Division and 2nd Marine Aircraft Wing deployed during the Cuban missile crisis.

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By Capt. Tom Luscher **NAS JRB Commanding Officer** 

I'd like to update you on some safety concerns on NAS JRB New Orleans and our proposed so-

As you have noticed, traffic on the base is increasing daily. We recently surpassed 7,000 workers on the base. Parking spots, especially around the school, are inadequate. And motorists are not yielding to pedestrians, including children, in the crosswalks on Russell Avenue, among other places.

During October, high-visibility crosswalks will be installed between Patrician Management and Belle Chasse Academy. New, lighted Yield signs for the crosswalks are also on order. This is a near-term solution.

Longer term, we intend to seal off the Russell/Chambers intersection, and extend Brown Avenue across what it now the softball field so it meets with Fifth Avenue. The softball field will be demolished and a parking lot will be constructed in its place, giving the school more park-

The parking around Belle Chasse Academy will get better, but in the meantime, I have to enforce the traffic laws on Essex, behind the school. Essex has to be clear for emergency vehicles and residents to access their homes.

Our security patrolmen are now issuing Federal Magistrate citations to drivers who park il-



legally on Essex. These tickets carry a \$25 to \$50 fine. We've held off issuing them, but people continue to jam Essex, which is the only road that fire and EMS can use to get to the school during morning and afternoon drop-off/pick-up times. This is a serious safety hazard. I urge you to find an alternate parking spot nearby, and get a little exercise while walking to the school.

I had the displeasure of ordering two families to move out of base housing last month. The family members were feuding, and our security department was called to their residences 29 times in the past year. This is simply unsatisfactory behavior on a military installation. In the future, we will give two warnings for inappropriate behavior, and then issue an eviction order on the third occurrence. Those who live in base housing and abide by the rules deserve nothing less.

I am working on all of the suggestions I received at the September town hall meeting. I hope you see the results soon. It's a pleasure to



Patrician Military Housing would like to welcome all of the students back to school for the Fall 2010 year. We are sad to see this great summer coming to a close but are also excited to start the new academic year. We look forward to success in the classroom as well as success in athletics for our surrounding schools!

A quote from American Novelist E.W. Howe:

*If there were no schools to take the children away from home part of the time, the* insane asylums would be filled with mothers. ~Edgar W. Howe

Your friends at Patrician Management wish you a wonderful school year.

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#### **RESERVIST from Page 1**

around the needs of the active command. This allows for better communication with civilian employers, who can in turn plan for their own mission accomplishment.

"Employer support is so critical because more and more is being expected. It's important we make our employers aware of what we do," Harlan said. Harlan, a 22-year veteran, said it wasn't always this way. "Now, more than ever, I think the active Navy is realizing

and appreciating Reserve contributions, and both sides of the equation are working hard to function well together."

The Navy's latest recruiting slogan "America's Navy: A Global Force for Good," represents the Navy as a family, fighting for one goal. Consunji couldn't agree more. "We are an integrated Total Force," he said. "You can't have a global force if you don't have one

# **ECurrents**

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The next issue of The Currents will be published on Monday, November 1, 2010. Questions concerning content for publication are heartily encouraged and must be received at the Public Affairs Office, Naval Air Station, Joint Reserve Base (NAS JRB), 400 Russell Ave., New Orleans, LA, 70143-5012, phone (504) 678-3260, by close of business on Friday, October 22, 2010.

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**Naval Air Station JRB New Orleans** Capt. Thomas Luscher

Commanding Officer



**Naval Support Activity Orleans** Capt. Brian Harrison

Commanding Officer







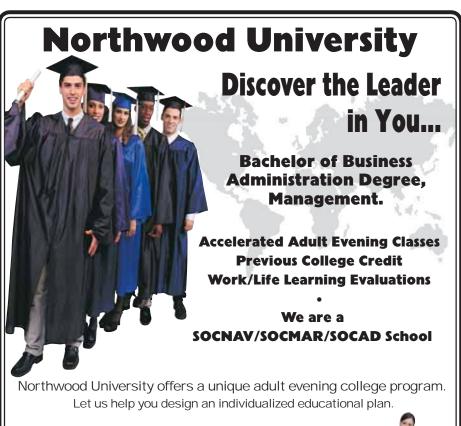


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# Family Assistance Funding Awards Announced

The Military Family Assistance Fund Board of Directors recently announced 27 funding awards totaling \$67,500 granted to members of the Louisiana National Guard or military Reservists who were more than 50 percent disabled as a result of their military service since 2005. Awards were also granted to the designated beneficiaries Louisiana National Guard and Reservists who died on deployment after activation since 2005. Additional funding awards are anticipated as more Veterans or beneficiaries are identified and determined to meet MFA criteria.

In late July members of the MFA board of directors met and approved a proposal for lump sum funding in the amount of \$2,500 each. Payments were made directly to 19 members meeting the criteria. Payments were also made to the eight beneficiaries of record for members of the Louisiana National

Guard and military Reserves killed in action since 2005.

"On behalf of the Military Family Assistance Fund board of directors, it is my pleasure to grant these awards," says Lane A. Carson, chair of the MFA Fund and secretary of Louisiana Department of Veterans Affairs. "We know we can never repay these brave heroes or their families for their service to our country, but we hope this gesture demonstrates our sincere thanks for their sacrifice."

The MFA was established by Act 151 of the 2005 Louisiana Legislature for the purpose of supporting members of the Louisiana National Guard, Louisiana Reservists and their families.

The MFA is fully funded by private donations and can help pay for items such as food, housing and other expenses in cases where Louisiana Guardsmen or Reservists and their families experience finan-



cial hardships as a result of being called to active duty.

The mission of LDVA is to provide comprehensive care and quality service to Louisiana's Veterans and families with regard to health care, education, disability benefits, long term care and burial honors. The MFA fund is one of LDVA's

many programs that support its mission.

To learn how to apply for assistance through MFA, who qualifies for funding through MFA or to donate to this fund, please visit LDVA website at www.vetaffairs.la.gov or call 1-877-GEAUX-VA (1-877-432-8982).

# Navy Announces Updates to Selective Reenlistment Bonus

By Chief of Naval Personnel
Public Affairs

WASHINGTON (NNS) — Changes to selective reenlistment bonus (SRB) award levels were announced in September for active-duty and Reserve full-time support Sailors, which take effect Oct. 1

Approximately 17,000 Sailors working in 135 critical skills will be eligible to reenlist with SRB awards up to \$90,000 in 2011.

"While the SRB program continues to be the Navy's primary monetary incentive to encourage Sailors with critical skills and valuable experience to stay Navy, it is incumbent upon the Navy to remain within congressionally authorized funding limits," said Rear Adm. Tony Kurta, director of personnel plans and policy.

SRB is also a force shaping tool to better manage critical skill retention goals.

"As reenlistment goals for particular skills are achieved, SRB award levels for those skills will be removed from the plan," said Kurta.

The key for Sailors is to reenlist early to take advantage of the SRB as soon as eligibility requirements are met. Enlisted ratings selected for SRB have been placed in one of three tiers. Varying award levels and early reenlistment opportunities have been provided for each tier.

Sailors may request to reenlist early for an SRB, as long as their end of active obligated service is within the current fiscal year and is not later than 90 days from the requested date of reenlistment.

Sailors serving in tier one skills may reenlist any time within the fiscal year their enlistment contract ends. Sailors receiving early promote in their most recent periodic evaluation report and Sailors with nuclear skills are given greater reenlistment flexibility.

"With the policy changes, it is critical that Navy counselors and command leaders read and understand the governing instructions and NAVADMINs," said Kurta. "The required paperwork must be completed correctly and in a timely manner to be processed so Sailors can take advantage of the bonus."

Visit the Navy Personnel Center's website for more information: http://www.npc.navy.mil.





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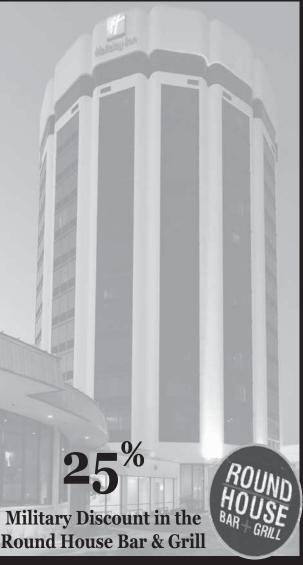
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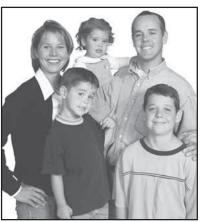
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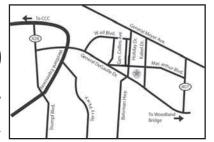
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# Military Ombudsmen Recognized For Service

By Mass Communication Specialist Jordan J. Miller

The Currents' Staff

The Naval Air Station Joint Reserve Base (NAS JRB) New Orleans Fleet and Family Service Center hosted an appreciation luncheon for local ombudsmen at the Redfish Rocks' Galley Sept.

At the luncheon, five Navy and one Coast Guard ombudsmen were recognized for their service. Senior leadership from corresponding commands expressed gratitude for their labors with personal sentiments, certificates of appreciation and mementos.

"Ombudsmen mean a lot to me," said Capt. Tom Luscher, NAS JRB New Orleans commanding officer at the luncheon. "They are a key in helping to keep fires at home down while Sailors are deployed."

An ombudsman is a volunteer, commonly the spouse of a Sailor and command appointed. They function as the liaison between command families and the command. They keep the commanding officer or commander informed regarding the general morale, health, and welfare of the command's families. Alternately, they serve families with referrals, information and support.

"I like that I can be there for

families when no one else is and they need something. I want to be a support for other wives," said Kate Laing, NAS JRB New Orleans ombudsman.

This year marks the 40<sup>th</sup> anniversary of the Navy Family Ombudsman Program. The program began Sept. 14, 1970, by order of then Chief of Naval Operations, Adm. Elmo Zumwalt.

The idea and implementation of the program arose from a custom used by early 19<sup>th</sup>-century Scandinavians that allowed ordinary citizens to voice grievances to otherwise unreachable high government officials.

Currently there are more than 5,000 people serving as ombudsman for the Navy.



Kate Laing, ombudsman for NAS JRB New Orleans, poses for a picture with NAS JRB New Orleans Command Master Chief Leslie Burl after receiving a certificate of appreciation for her ombudsman duties. Local ombudsmen were recognized for their service at an appreciation luncheon held for them at the Redfish Rocks' Galley Sept. 14.

Photo by MC2 Jordan J. Miller

# Safest Summer On Record Concludes for Sailors, Marines

By April Philips
Naval Safety Center
Public Affairs

NORFOLK (NNS) — Labor Day marked the traditional end of summer for Sailors and Marines and also the end of the Naval Safety Center's (NSC) annual summer safety campaign, "Live to Play, Play to Live."

Although mishap reports for the long weekend are not complete, it appears that both the Navy and Marine Corps enjoyed the safest summer since NSC started keeping these statistics.

However, that still means that 14 Sailors and 14 Marines lost their lives between Memorial Day and Labor Day weekends. Nonetheless, this is a considerable improvement from 2009, when 39 Sailors and Marines lost their lives during the same period.

While that is an achievement to be proud of, NSC is not declaring victory, especially in light of the fact that one Sailor and one Marine died during Labor Day weekend. Mishap reports indicate that both deaths may be related to alcohol.

"There have been a lot fewer cases of DUI (drinking under the influence)," said NSC Command Master Chief (AW/SW) Dominick Torchia. "However, there may be some complacency about the dangers of over-consumption in general. We're seeing cases of Sailors and Marines basically drinking themselves to death."

While most people seem to be getting the message about designated drivers and safe ride programs, leaders need to continue educating their Sailors and Marines about the health risks of alcohol, including alcohol poisoning and reduced inhibitions that may lead to risky behavior, said Torchia.

Although the summer 2010 has ended, Torchia urged renewed focus on risk management, so the positive mishap trends of the summer will continue into the cooler seasons.

"Many of the risks are actually the same," said Torchia. "There are just different conditions. We think of people traveling for their summer vacations, but they are also on the road for Thanksgiving and Christmas. The folks who are out there participating in summer sports will probably also take part in winter sports. We ask them to take the same risk management mental-

ity and adapt it to the new conditions."

To that end, Torchia recommends "winterizing" homes and vehicles now, rather than waiting until weather conditions deteriorate. He also encourages everyone to get in shape now for winter sporting activities such as skiing, snowboarding or even football.

"Prepare and train before you go out and try something like that. If you haven't skied before, take a course before you hit the slopes," said Torchia.

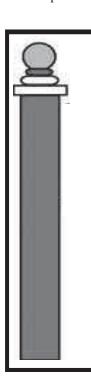
While many risks remain consistent through all four seasons, fire dangers do escalate in fall and winter, due to faulty heating systems, unsupervised fireplaces and dangerous space heaters.

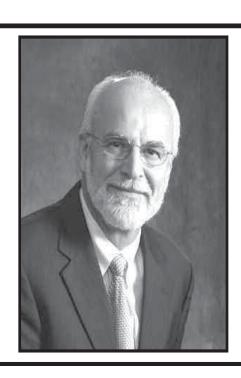
"Now is the time to prepare your home. Weatherproof your house and have annual maintenance performed on your fireplaces and heating systems," Torchia said. "Doing this now will keep you ahead of the game."

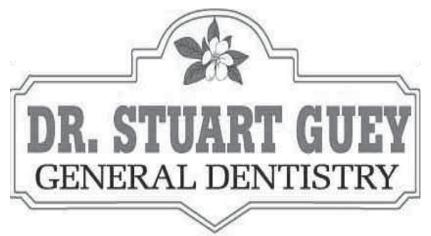
While Sailors and Marines prepare for fall and winter, he also warned them to continue being vigilant about hurricanes. The East Coast of the United States was recently spared when Hurricane Earl remained off the coast, but the season runs through November 2010, and Torchia encouraged everyone to stay on guard against these dangerous storms.

He also pointed out that a new school year is underway and drivers should pay special attention for kids who might dart out into the street.

For more information about fall and winter safety, visit www.safetycenter.navy.mil.







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# Newest Chief Petty Officers At NAS JRB New Orleans

April 1, 2010, marked the 117th anniversary of the creation of the grade of chief petty officer

The fiscal 2011 pinning ceremony at Naval Air Station Joint Reserve Base New Orleans boasted 21 chief pinnings representing multiple commands. Those receiving their anchors included:

#### **NAS JRB**

Chief Legalman Deborah Barnes (NLSO Central Branch Office)

Chief Aviation Machinist's Mate Rosali

Chief Boatswait's Mate Heath Osterberg (NOSC Gulfport)

#### Airborne Early Warning Squadron (VAW-77)

Chief Logistics Specialist Larry Rimer Chief Information Systems Technician Gloria Wilson

#### **Support** Fleet Logistics Squadron (VR-54)

Chief Aviation Maintenance Administrationman Troy Hageman

Chief Navy Counselor Rebecca Pfeffer

#### Strike Fighter Squadron (VFA-204)

Chief Culinary Specialist Clifford Beck Chief Aviation Electronics Technician David Buckley

Chief Aviation Maintenance Administrationman Anthony Davis

Chief Aviation Electronics Technician Russell Prieto

#### Navy Reserve Professional **Development Center**

Chief Yeoman Damien Crawley Chief Personnel Specialist Rainelda Escalante

Chief Damage Controlman Roy Garcia Chief Hospital Corpsman Kenneth Riggins

#### Fleet Readiness Center Mid-**Atlantic Site New Orleans**

Chief Intelligence Specialist Cherri

Chief Aviation Support Technician Greg Goss

Chief Aviation Maintenance Administrationman Jenita McClay

Chief Logistics Specialist Christopher

#### **Navy Operational Support** Command

Chief Logistics Specialist Philips Nguyen

Chief Intelligence Specialist Mark Starck (DIA-1482)

And one more brand new chief petty officer is the 2009 NAS JRB Sailor of the Year, MCC Shawn Graham, currently deployed as an individual augmentee



Chief Intelligence Specialist Mark Starck assigned to Navy Operational Support Center (NOSC) New Orleans has chief anchors pinned to his collar by his wife at a chief pinning ceremony at NAS JRB New Orleans.

Photo by MC2 Jordan J. Miller





New Orleans' new chief petty officers (right) are congratulated and welcomed to the chief's mess following the chief pinning ceremony. Photo by MC2 John P. Curtis

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The Naval Air Station Joint Show, which is May 7-8, 2011. Reserve Base New Orleans in Belle Chasse hosted "NOLA-PALOOZA" Saturday, Sept. 18, for about 1,500 military, Department of Defense employees and their families, and invited guests.

NOLAPALOOZA was a multiband, food and fun celebration that also served as the kick-off event for the 2011 N'awlins Air

With this in mind, the base invited a number of community leaders and their families who have provided support to past air shows, the base, and its mission. NOLAPALOOZA planners said the event helped get the word out regarding the upcoming air show and that 2011 is the Centennial Anniversary of Naval Aviation celebration.

Staging an air show is a tremendous undertaking that involves detailed planning and cooperation on base and outside the gate as well. At the 2009 air show NAS JRB hosted about 153,000 guests. The goal is to increase this number May 7-8, when the Navy's Blue Angels and other precision aviation ex-

perts roar above the base at the 2011 N'awlins Air Show.

The entertainment for the event included Jus-Fa-Nah, featuring the sounds of pop, jazz and more, followed by The Navy Brass Band, then Rockin' Dopsie, Jr., and The Zydeco Twisters playing their own brand of bubbling, melodic musical gumbo. Completing the musical portion

of the festival was the Eli Young Band, mixing modern country with their solid rock-inspired roots. NOLAPALOOZA ended with a fireworks display.

The event was free and food and drink vendors were available as well as a rock climbing wall, spacewalks, and more. Proceeds from the event went to the Navy



A young visitor to NOLAPALOOZA climbs up MWR's Spider Mountain, a mobile climbing experience for the entire family. The tower has a rock wall on the outside and for those climbing inside the cylinder an inflatable slide to come down.

Photo by Andrew Thomas



Rockin' Dopsie, Jr., performs with his rub board during NO LAPALOOZA. His group, also known as "Zydeco's Royal Family," has performed in many countries around the work and has appeared at the most prestigious music festivals and fairs at home and abroad.

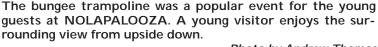
Photo by MC2 John P. Curtis





The Eli Young Band closes out the evening of NOLAPALOOZA at NAS JRB. Shown on stage are James Young, left, and Mike

Photo by MC2 John P. Curtis



# Seabees Can Do Spirit Shows In New Orleans Neighborhoods

By Mass Communication Specialist 2nd Class John P. Curtis

The Currents' Staff

Seabees, assigned to Naval Facilities Engineering Command (NAVFAC) Southeast, New Orleans Public Works Department, volunteered their skills and time to Habitat for Humanity projects in New Orleans' neighborhoods Sept 10.

Habitat for Humanity is a nonprofit organization that provides affordable housing to those in need through volunteers, sponsors, communities and homeowner families.

In a part of New Orleans still recovering from Hurricane Katrina, in 2005, the Seabees showed up in the morning with their hard hats in hand to use their construction skills to help build a home.

"I love coming out and using the skills I've been

taught by the Navy to help other people who need it," said Equipment Operator 2<sup>nd</sup> Class Jason Queary. "It means a lot to see the direct impact we have on a project for such a good cause."

The Seabees are a unique community within the Navy that provides expeditionary construction support for the military, which includes combat operations and humanitarian missions.

Throughout the day they worked on two homes in a sparsely populated neighborhood of unlivable housing.

Habitat for Humanity studies have shown that when one or two families make a home in such an area, more families follow helping the community to transform for the better. One or two habitable homes can generate hope for a neighborhood.

The Seabees built fences, leveled off yards to place sod grass and completed finishing work inside the homes. This work completed the homes so they can be turned over to a family.

"It's important the people have a front yard. This is the first thing people see when they pull up to the house," said Queary. "Now this home owner will have nice yard after the sod grows in."

"These guys are great," said Pete Meinen, Habitat's site supervisor. "I just told them what we needed done. They knew what to do and did it fast. It's not often we get people who work this efficiently when the temperature rises above 100 degrees."

The public works department is based out of Naval Air Station Joint Reserve Base (NAS JRB) New Orleans and also supports Naval Support Activity (NSA) New Orleans. They take one day out of every month to volunteer for Habitat for Humanity or another cause in New Orleans area.

Founded in 1976 by Millard and Linda Fuller, Habitat for Humanity International is a nonprofit, ecumenical Christian housing ministry dedicated to eliminating substandard housing and homelessness worldwide and to making adequate, affordable shelter a matter of conscience

and action. Habitat invites people from all faiths and walks of life to work together in partnership, building houses with families in need.

New Orleans Area Habitat for Humanity (NOAHH) founded in 1983, is part of a growing Habitat family. NOAHH's work over the years has resulted in over one hundred homes constructed in the New Orleans Metro area. NOAHH has been a leader in the rebuilding of New Orleans in the wake of Hurricane Katrina and will continue its efforts to fight poverty housing long after the damage from the storm is gone.



EO2 Lucas Singletary and BU1 William Carrier lay down sod grass at a Habitat for Humanity project.

Photos by MC2 John P. Curtis



Ens. Joseph Dyches digs a hole to place fence posts at a Habitat for Humanity project in New Orleans. The Seabees, assigned to Naval Facilities Engineering Command (NAVFAC) Southeast, Public Works New Orleans, donated time to work on Habitat for Humanity homes in New Orleans.



Seabees assigned to Naval Facilities Engineering Command (NAVFAC) Southeast, Public Works New Orleans, level the ground before placing sod grass at a Habitat for Humanity project in New Orleans.





## Medical Researchers Find Effective Non-Surgical Therapies for Low Back Pain

George Van Wormer, DC

Most patients suffering with acute mild or moderate low back pain recover in a short period of time using over-the-counter medications, heat or cold packs and maintenance of most of their usual activities. Among those who have greater pain and dysfunction, many seek professional health care. Recently, the American Pain Society and the American College of Physicians commissioned an evidence-based review of the scientific literature to advise health care professionals and patients how best to manage low back pain and disability.

The results from this panel's research were published in Annals of Internal Medicine. The scientific review board found several treatments that demonstrated effectiveness and some that failed to show effectiveness. For patients with acute low back pain (symptoms less than 4 week duration), spinal manipulation and superficial heat were effective, but spinal-specific exercise was not. For patients with chronic low back pain (symptoms more than a 4 week duration), spinal manipulation, yoga, acupuncture, cognitive-behavioral treatment, spinal-specific exercise and massage therapy were effective, but shortwave diathermy and traction were not. For patients with sciatica (back and/or leg pain), spinal manipulation was effective, but traction was not.

This is very good news for the millions of Americans who suffer with these symptoms, especially because these treatments (under the guidance of a licensed professional) have excellent safety record. In fact, these therapies are considered safer than most prescription medications. It is interesting to note that the only therapy that demonstrated effectiveness for all patient groups (acute, chronic, sciatica) was spinal manipulation.

Dr. George Van Wormer is a chiropractor in Harvey specializing in the non-surgical treatment of spinal conditions. Call (504) 362-3000 for more information.

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# Navy Officers Full-Length Photo a Requirement

In April 2007 the Navy reinstituted the requirement for officers to submit photographs for their permanent service records. Since most Navy photo labs were closed and funding taken away a number of years ago this requirement has been a challenge for some officers.

Navy officers have the option of having their official photographs taken at a professional studio, using any DOD facility with a photo lab or having a shipmate help.

"While there may be limited opportunities for officers to have a photo taken professionally, there is a simple way to accomplish this requirement using materials and equipment available [a white board, a digital camera, and a plain wall]," said. Capt. Leo Falardeau, Navy Personnel Command (NPC) assistant commander for career progression.

Per the NPC instruction, write the required information on a piece of paper, poster board or white board in two-inch letters (can be hand-written) in this format: LAST NAME, FIRST NAME, MIDDLE INITIAL GRADE/SSN LAST FOUR/DESIGNATOR(S) DD/Month abbreviation/YY (for example: 09 OCT 10)

Take the white board, poster or paper along with a digital camera and a shipmate into the passageway on a ship or a flat solid-colored wall in the office. The officer should stand up against the bulkhead or wall with the left shoulder forward while a shipmate takes the full-length photo.

The photograph must be in color and display a full-length, three-quarter view of the member, left shoulder forward. A plain, flat background must provide sufficient contrast to highlight details of the uniform. The photo must be four inches in width and six inches in height.

Save the picture to a hard drive, then copy and paste it into the submission form (link below). Then type in the requested information, print the form with the picture and



sign the form.

The final step is to mail the completed, signed form to: Navy Personnel Command Pers-312C 5720 Integrity Dr. Millington, TN 38055-3120

The NAVPERS form 1070/884 for submitting an official photo is available at http://www.npc.navy.mil/ReferenceLibrary/Forms/NAVPERS/.

# Tips from a former photographer's mate

Don't make it fancy. Don't wear too much jewelry (bracelets, earrings, too many rings, etc). I used to have the subject take off their watch, but that is just a preference.

Place the photo board at about eight inches to the side of your left leg and about three inches in front. Use a small box or stick that you can conceal behind the board to hold it up.

When standing at attention for the 3/4 pose you should be at a slight diagonal in front of the camera with your left side being closest to the camera. Your right arm should be slightly seen in the photo. Turn your head to face the camera (You should see an even amount of both ears.) Don't drop your chin too much.

Have the person who is shooting the photo zoom out a little so it can be cropped to the correct size. They should leave about double the head size to make the crop fit.

To soften potential shadows, go into a room with a lot of light (preferably window light). When editing the photo leave a little space above the head and below the feet. The only adjustments you should make are to lighten or darken, and crop the photo. Do not add ribbons, pins, cover up tatoos, or slim the waistline. The printed copy will reveal your corrections.

# Stand By Your Pan: Distractions Can Mean Injury, Loss

By Brett Atwell

NAS JRB fire inspector

How often has the doorbell rung or a child interrupted you while you were cooking, causing you to forget about the chicken you left sizzling on the stove - until smoke filled the house?

If this scenario or a similar one doesn't sound familiar to you, you may want to think about it a little more because it's likely that you, a friend, or family member has run the risk of having a dangerous fire. As a fire inspector at the NASJRB Fire Department, I often talk to people about the ways they can stay safe in their homes. Too often we have to ask this after they've suffered a damaging fire.

It's my hope that people reading this article won't have to learn the hard way. If I could give just one fire warning, I'd say "stand by your pan!"

Why? Because cooking is the leading cause of home fires, according to the non-profit National Fire Protection Association (NFPA). The latest statistics from NFPA say that one out of every three home fires started in the kitchen and more than 100,000 fires a year were related to cooking or un-attended pots and pans.

Often when we're called to a cooking-related fire, the residents tell us they only left the kitchen for a few minutes. Sadly, that's all it takes for a dangerous fire to start. The bottom line is that there's really no safe period of time for the cook to step away from a hot stove. A few key points to remember:

When frying, grilling, broiling, or boiling food stay in the kitchen. Turn off the stove when leaving even for a few seconds;

When simmering, baking, or roasting food, check it regularly, stay in the home, and use a timer as a reminder;

Keep cooking areas clean and clear of combustibles such as potholders, towels, rags, drapes and food packaging;

Keep children away from cooking areas by enforcing a "kid-free zone" of three feet (1 meter) around the stove;



If a fire starts in the microwave, turn it off immediately and keep the door closed. Never open the door until the fire is completely out. If in doubt, get out of the home and call the fire department.

Always keep an oven mitt and a lid nearby. If a small grease fire starts in a pan, smother the flames by carefully sliding the lid over the pan (make sure you are wearing the oven mitt). Turn off the burner and slide the pan off the burner. To keep the fire from restarting, do not remove the lid until it is completely cool. Never pour water on a grease fire. If the fire does not go out, get out of the home and call the fire department;

If an oven fire starts, turn off the heat and keep the door closed to prevent flames from burning you or your clothing. If the fire does not go out, get out of the home and call the fire department.

A cooking fire can quickly turn deadly. I have seen too many homes destroyed and people killed or injured by fires that could have been easily avoided. Please heed these simple safety rules. Firefighters would like to be in your kitchen, but only when you invite us for dinner!

# Belle Chasse Academy Meetings Notices Board of Directors

October Meeting -

4 October 2010 • 7 p.m. at BCA

**November Meeting -**

I November 2010 • 7 p.m. at BCA

Please check the BCA web site for Board of Directors Committees Meetings and PTO Meeting



For information & updates: www.bellechasseacademy.com

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# **Chief Sees Hope in the Journey**

By Petty Officer 3rd Class Casey J. Ranel **Coast Guard Public Affairs** 

As the train comes closer to the station in Slidell, La., it is obvious how large it is, strong and powerful. It has a take-charge, noticeable presence, much like a Coast Guardsman, but even more so. like a father.

When the train hisses to a stop, Tom Morrison, a Coast Guard chief petty officer stationed at Coast Guard Sector New Orleans, gathers his luggage, and prepares himself for a journey 23 years in the making. It is a journey that will span 29 hours and will cover 13 states. This odyssey is a reflection of his life and of his accomplishments, especially when it concerns his single source of pride, his son.

Most people would ask, why are you taking a train all the way to New York to see a baseball game? And Morrison would sav. "I'm going to enjoy the hand that was dealt to me and go see my son play baseball."

Morrison was diagnosed with Adenocarcinoma lung cancer in April, and was recently cleared by

his physician to travel. This is the first chance that Morrison had to see his son play for the Florida Marlins in the major leagues since he was drafted in July.

When Morrison's son, Justis Logan Morrison, was born, he decided to dedicate himself, much like he did with the Coast Guard, to being the best father he could possibly be.

It wasn't long after Logan was born that Morrison showed his son what would be the single most defining moment of his life; how to throw a baseball.

"He could throw the ball across the room, he was three!" said Morrison. "I saw this as a good opportunity to teach him a great sport, and the opportunity to be a good dad."

Morrison taught him how to hold the ball, how to stand, and tried to convince him to switchhit, a task which proved to be more of a challenge considering Logan was left-handed and insisted on batting that way.

Morrison took what he knew from working with weapons, as a gunner's mate in the Coast Guard, and transferred it to baseball.

"Weapons and baseball, it's all eye-hand coordination," Morrison

Being a gunner's mate entails working with everything from pistols, rifles and machine guns, to sophisticated weaponry. Other responsibilities include personnel training in weapon handling, ammunition and pyrotechnics. Gunner's mates are also trained in electronics, mechanical systems and hydraulics. He has been a gunner's mate for close to 28

"I wanted to do 30, but my plans changed suddenly," he said.

At the end of his time as a recruiter in Kansas City he put in his request for any unit in the southeast because it would be closer to baseball scouts. His request became a reality when Morrison was transferred to Louisiana and Logan began playing baseball for Northshore High School in Slidell, La., where he was an All-State player in 2005.

That same year, the Florida Marlins, in the 22nd round of the 2005 amateur draft, drafted him. Between 2006 and 2010, Logan played for the Gulf Coast League, the New York-Pennsylvania League, the Florida State League and the South Atlantic League.

Morrison has watched his son grow into an accomplished baseball player and now he gets to wit-



Coast Guard Chief Petty Officer Tom Morrison sits in the stands with family at Citi Field, to watch his son, Logan Morrison play baseball against the New York Mets, Aug. 24, 2010. In 2005, Logan was drafted to the Florida Marlins in the 22nd round amateur draft.

Photos by Coast Guard Petty Officer 3rd Class Casey J. Ranel

ness, first hand, the culmination of their effort, dedication and hard work.

Tuesday, Aug. 24, 2010, Morrison and his family sat in section 129 at Citi Field, just feet away from Logan's left field position. That night Logan had five at bat, one run, and one hit. Though the Marlins ultimately lost to the Mets, 6-5, it was a win for Morrison. He watched with pride as his son's dreams to be a major league player were realized.

Logan played in two other

games that week against the Mets, and also celebrated his 23rd birthday with his father and his family.

Statistics show that close to one percent of baseball players make it to the major leagues. Morrison contemplates that fact and how it applies to his life. He sees hope in the journey.

With a smile on his face, Morrison exclaims, "There's no cure for what I have. The chance of me going into remission is two percent. Logan had a one percent chance and he made it."

# Navy Region Southeast Shines in Energy Conservation

By Stepen Strickland Navy Region Southeast

**Public Affairs** 

JACKSONVILLE, Fla. — The commitment of Navy Region Southeast to reduce energy usage was recognized recently by the Secretary of the Navy with awards for all 16 of its non-BRAC installa-

"These awards reflect our significant progress in making energy and water conservation a high priority in our everyday mission of supporting the fleet, family and warfighter," Commander Navy Region Southeast Rear Adm. Tim

Alexander said. "This marks the first time all non-BRAC installations in Navy Region Southeast have received recognition. Energy is one of Region Southeast's major focus areas, and installation efforts have positively positioned us to execute a comprehensive energy strategy that will help us become the Navy's leading region in energy and water conservation."

Leading the way was Naval Submarine Base Kings Bay, one of only seven Navy or Marine Corps shore commands worldwide to be recognized as a platinum level award winner, signifying an outstanding energy program and an exceptional year of energy project

"Kings Bay is doing some innovative things to reduce energy and water consumption," Alexander said. "From a new wastewater treatment plant with water savings of \$60,000 a year, to the innovative use of solar technology to augment that plant with energy savings of \$116,000 a year, the installation is realizing truly significant energy use reduction.'

Other award winners in the Southeast Region included Naval Air Station (NAS) Jacksonville, Fla.; NAS Key West, Fla.; NAS Kingsville, Texas; NAS Meridian, Miss.; and Naval Support Activity Panama City, Fla. These installations were all gold level award winners, indicating a very good to outstanding energy program.

The awards program also has a blue level award for commands with a well-rounded energy program. Navy Region Southeast commands winning awards in this category included Naval Construction Battalion Center Gulfport, Miss.; NAS Corpus Christi, Texas; NAS JRB Fort Worth, Texas; NAS JRB New Orleans; NAS Pensacola, Fla.; NAS Whiting Field in Milton, Fla.; Navy Supply Corps School Athens, Ga.; Naval Station Guantanamo Bay, Cuba; Naval Weapons Station Charleston, S.C.; Naval Air Warfare Center Training Systems Division at Naval Support Activity Orlando, Fla.; and Naval Station Mayport, Fla.

"Leaders on every level of the Navy Region Southeast team have made great efforts to motivate team members, communicate energy initiatives, and push for execution of energy projects," Alexander said. "Your efforts reflect our commitment to the country and the goals set forth in the Energy Independence and Security Act and associated Executive Orders. The team effort of all of our Sailors, civilians, and contractors in the Southeast are making a difference in conserving water and energy, and taxpayer dol-

# Navy Working Uniform: No Out-of-Pocket Expenses for Sailors

By Chief Naval Personnel **Public Affairs** 

**Navy News Service** 

WASHINGTON — Following a recent fleet reminder of the Dec. 31 Navy Working Uniform (NWU) mandatory wear date, the chief of naval personnel (CNP) is ensuring Sailors who have not received a full set of uniforms or allowances will not be expected to use their own money to meet uniform requirements.

The Navy recognized that Oct. 1, 2007, through April 26, 2009, were not issued NWU components due to a delay in uniform production, nor did they receive the full enhanced clothing replacement allowance due to their time in service.

As a result, the Navy is reviewing the issue and will provide a solution that will not require Sailors to use their own money for uni-

"We are reviewing several op-Sailors who started recruit training tions to ensure this group of Sailors does not incur an uncompensated, out-of-pocket expense when meeting the NWU requirement," said Vice Adm. Mark Ferguson, CNP.

> Ferguson went on to explain these Sailors will not be expected to have four sets of the NWU while the Navy weighs several courses of action to compensate them. He also extended their deadline until June 30, 2013, to allow

these fixes to be identified and implemented.

With the exception of those mock turtle neck sweater, one identified, fleet-wide availability of the NWU was achieved six months early and Sailors are expected to use the allowances provided over the past several years to purchase a full sea bag ahead of the mandatory wear date.

The NWU seabag requirements are as follows: four NWU blouses and trousers, one pair of NWU boots, two eight-point utility caps,

five 100 percent blue cotton tshirts, five pairs of boot socks, one fleece liner one Gortex parka.

If a local exchange does not have a particular item, or if a Sailor is not stationed near an exchange, uniform items can be ordered by calling the Uniform Support Center's toll-free number, 1-800-368or by going https://www.navy-nex.com/command/about\_us/p-uniformsup-









## **FLEET RESERVE ASSOCIATION**

Do you know that the Fleet Reserve Association (FRA) is **NOT JUST FOR RESERVES AND RETIREES**? This organization is also for all active-duty members of the U. S. Navy, Marine Corps and Coast Guard personnel! The FRA is the leading voice of enlisted Sea Service personnel on Capitol Hill and has been since 1924. A congressionally chartered, non-profit organization that represents the interests of the Sea Service community before the U. S. Congress, the Association's membership is comprised of current and former enlisted members of the U. S. Navy, Marines and Coast Guard. FRA was charted as the Fleet Reserve Association in 1924 and, after more than 80 years, FRA remains dedicated to its primary mission of serving the interests of current and former enlisted the U. S. Navy, Marines and Coast Guard personnel. FRA presents a strong, unified voice to ensure that enlisted issues are heard by Congress and urges support for legislation to increase pay and benefits.

The local FRA Branch 162 is located at

## 703 Kepler Avenue, Gretna, LA 70053.

Open Tuesday through Saturday at 1300-until.

Our local branch has pool and dart teams, barbeques, crawfish boils, fish fries, karaoke, bunko, casino nights, and much more.

Branch 162 actively donates to local causes.

#### **Upcoming events include:**

August – Customer Appreciation Night
September – Fall Follies party
October – Halloween party
November – Poker Run for Wounded Warriors
December – Christmas party

For more information or to join the FRA Branch 162 call

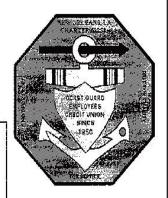
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## October MWR Events at NAS JRB

#### October 22

Free Haunted House and Candyland Liberty Center Parking Area from 6-9 p.m. Come in costume with friends and family First 200 guests may have photo taken in the "Pic-

Call 678-3509 for more information

#### October 15

Super Star WWE/WWF Wrestling October VR-54 Hangar

Gates open at 6:15 p.m. - show starts at 7 Concessions available

Call 678-3807 for more information

#### October 16

Salsa night at MACAN's Pub from 8-11 p.m. Dance lessons 8-9 p.m.

Dance show and Salsa DJ Martha spinning the best Latin Music

#### October 23

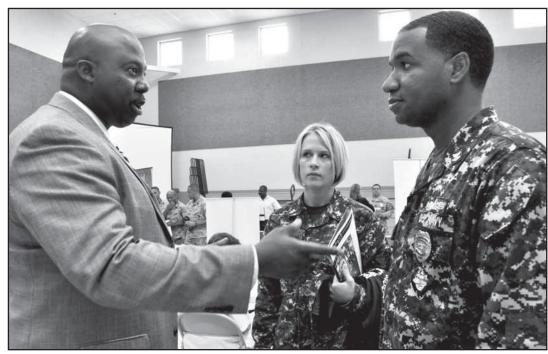
Scrap-All-Nite at the Library from 7 – 11:55 p.m. Refreshments provided-bring your own supplies Call 678-3078 for more information

#### October 29

Freaky Friday Outdoor Movie Night 6 p.m. Double feature with concessions available 1st Movie...Hocus Pocus 2nd Movie...TBA

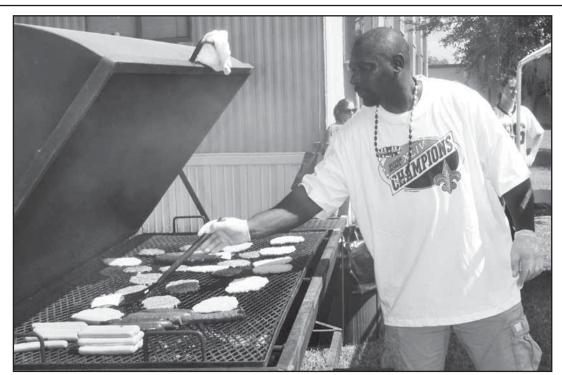
#### Haunted October On Da Bayou

The base bowling center didn't go away, it just has a new name. The Riverboat Lanes Bowling Center is now the Bayou Fun Time Bowl & Grill. Month-long events during October at the Bayou Bowl include special menu items, food and bowling discounts, prize give-a-ways and drawings, movie showings, costume contest, free food buffet, name the mascot, and more. Stop by Bayou Bowl for a complete list of planned events. For more information call 678-3514.



Sidney Reed, an FBI recruiter, speaks with MA2 Holly Diaz and MA2 Christopher Reeves, both assigned to Naval Support Activity (NSA) New Orleans security, at an annual federal job and education fair hosted by the Fleet and Family Support Center at Naval Air Station Joint Reserve Base New Orleans Sept. 23.

Photo by MC2 Jordan J. Miller.



Travis Barnes, MWR maintenance department, serves as grill master during the first New Orleans Saints tail gaiting event of the season. During the month of October, the NAS JRB MWR is sponsoring a tail gaiting lunch from 11 a.m. until 1 p.m. will lots of food, music and more.

Food items for purchase include hot dogs, burgers, sausage, jambalaya, potato salad, baked beans, chips and water or sodas. Come out and support your base MWR and show off your Saints spirit.

Photo by Tammy Prine

# **Navy Eases Reserve Affiliation Transition**

By Mass Communication Specialist 1st Class AW La Tunya Howard Navy Personnel Command

**Public Affairs** 

MILLINGTON, Tenn. — Sailors considering leaving active duty now have an easier path to explore Navy Reserve options prior to separation, and continue to serve and enjoy Navy

There are several continuum-ofservice initiatives to help make the transition to the Reserves an easy one. Perform-to-Serve (PTS) with Selected Reserve (SELRES) option, Career Management System/Interactive Detailing (CMS/ID) with SELRES option, and the Career Transition Office (CTO) are in place to aid Sailors.

"There are many benefits to Reserve affiliation," said Cmdr. Dan Harris, Navy Personnel Command CTO. "There's mobilization deferment for up to 24 months, re-employment rights after a deployment, military Reserve retirement, available education benefits for members with potential transferability to family members, life insurance, inexpensive individual and family medical and dental care plans, commissary and Navy Exchange privileges, potential sign-on or affiliation bonus - and many others. It's really a great way to continue Navy service."

According to NAVADMIN 114/10, active-duty Sailors - including fulltime support (FTS) - can simultaneously apply for and receive both active duty/FTS and SELRES quotas, through PTS with SELRES, giving Sailors more career options.

"This function benefits the Sailor by offering an avenue of continuation that was not available before," said "Previously, Sailors had to find a re-

serve recruiter after separating from active duty."

Sailors, who have approval for an active-duty/FTS PTS re-enlistment quota and have more than three months remaining until their expiration of active obligated service (EAOS) or extended EAOS, may continue to apply for a SELRES quota. Approval for a SELRES quota does not cancel the active-duty/FTS approval, but it does give the activeduty Sailor an additional option at EAOS.

Once approved for a SELRES quota the Sailor can view potential Navy Operational Support Center (NOSC) drill locations near the place they plan to live using CMS/ID.

The Sailor, who chooses the PTS SELRES option, will begin the transition process at their command and personnel support detachment. A Reserve sponsor will be coordinated by the CTO.

The CTO was established to provide Sailors with information on the benefits of Reserve affiliation, assist Sailors with transition from activeduty to Navy Reserve, and decrease processing time and potential pay interruption.

"Members who transfer directly from active duty to the Reserve are now entitled to receive six months of the same medical benefits that they received while on active duty, said Harris."

Reserve service requires a minimum commitment of one weekend a month and two weeks every year. However, flexible drilling options may be made available depending upon Reserve unit requirements and procedures.

For questions concerning PTS, CMS/ID or CTO, Sailors should call NPC command customer service cen-Joe Kelly, PTS program manager. ter at 1-866-U-ASK-NPC or send an email to cscmailbox@navy.mil.

#### Editor's Note:

In the September issue of The Currents' there was an incorrect identification of the team conducting the Jazzercise exercises at the Women's Health and Fitness Expo. The ladies leading the work out were from the Jazzercise Gretna Fitness Center.

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**Pastor** Rev. John W. Uhl

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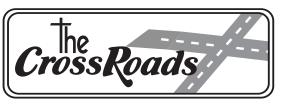
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Wednesday Evening:

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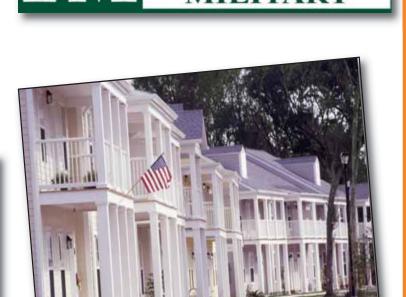
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